

What is a Distressing Event?

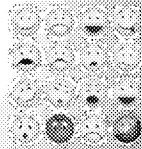


- an uncommon, frightening event or experience
- affects your ability to cope

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Normal Responses Following a Distressing Event

- sleep changes
- eating changes
- fatigue
- hyperactivity
- headaches
- flashbacks
- easily startled
- feelings of irritability, anger
- feeling helpless or vulnerable



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Characteristics of Resilient People



- positive supportive relationships
- task-oriented
- cognitively flexible
- mission driven
- keep fit and safe

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Building Resiliency



- Managing Stress
- Keeping Perspective
- Using Positivity
- Setting Goals
- Making Connections
- Taking Care of Yourself

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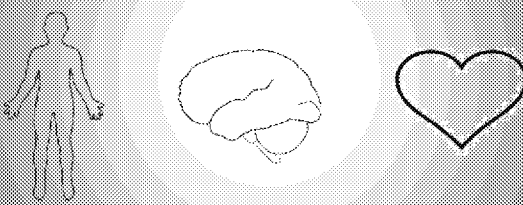
Building Resiliency: Stress

Stress. Everyone's got it. What are you going to do about it?

- Gain awareness of your own stress level
- Gain awareness of agent's stress levels
- Identify stressors in the life of agents/yourself
- Understand the physiological and psychological reactions to stress
- Implement basic stress reduction strategies

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Stress in the Body, Mind, & Spirit



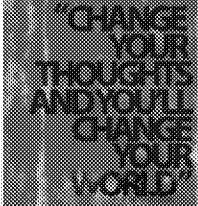
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Common Signs of Stress

Emotions	Thoughts	Behaviors	Work	Relationships	Health	Spirituality
Anxiety	Increased self-criticism	Irritability	Decreased productivity	Withdrawal	Stomach issues	Loss of purpose
Anger	Decreased self-esteem	Isolation	Decreased motivation	Decreased intimacy	Sweating	Decreased self-satisfaction
Guilt	Apathy	Withdrawal	Self-protection	Withdrawal	Loss of self-control	Hypertension
Depression	Negativity	Moodiness	Overly focused on small	Isolation	Breathing problems	Question meaning of life
Self-doubt	Exaggeration	Aggression	Apathy	Abused anger	Alcohol & drugs	Anger at God
Outlook	Perfectionism	Work changes	Hyperactivity	Abused blame	Overeating	Question beliefs
Relationships	Withdrawal	Self-protection	Decreased productivity	Withdrawal	Exhaustion	Question self
Fear	Preoccupation	Aggressive changes	Self-protection	Increased conflict	Increased medical problems	Loss of faith
Isolation	Thoughts of self	Hyperactivity	Aggression	Hyperactivity		Increased aggression
Self	Thoughts of self	Aggression	Hyperactivity	Hyperactivity		
Isolation	Thoughts of self	Aggression	Hyperactivity	Hyperactivity		


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Building Resiliency: Perspective



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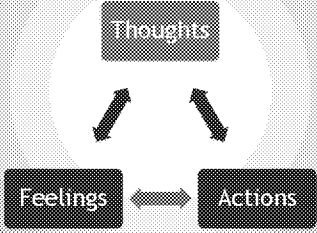
Building Resiliency: Perspective

"Fake it 'til you make it"



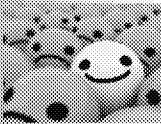
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Controlling our Perspective



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Building Resiliency: Positivity



- * Perspective and positivity go hand in hand
- * Expect good things to happen
- * Trust yourself
- * Problem solve

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Building Resiliency: Goals




- Specific
- Measurable
- Attainable
- Relevant
- Time-frame

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Building Resiliency: Connections

- Stay connected to support systems
- Seek and accept help
- Join a group
- Help Others



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Building Resiliency: Self-Care



- Exercise regularly
- Good nutrition & weight control
- Proper sleep
- Spiritual Connections
- Meditation

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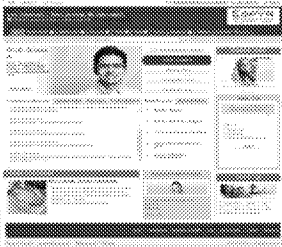
Summary

Everyone can increase their resiliency through:

- Managing stress
- Keeping your Perspective
- Using Positivity
- Setting Goals
- Making Connections
- Taking Care of Yourself

Training Center & Program Services

Resiliency Journey



Training Center & Program Services

How to Contact ESPYR



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